

healthyfood GUIDE

Weekly meal planner

Week _____

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 							
LUNCH 							
DINNER 							
SNACKS 							

Shopping list

PANTRY STAPLES

EGGS • DAIRY

BOTTLED • CANNED

MEAT • FISH • POULTRY

PRODUCE

FROZEN

OTHER

